



- Aquatic Coordinator.....259-4185
- Aquatic Hotline ..... 259-3232

### JCCRC Pool Schedule

- Monday-Thursday..... 6am-9pm
- Friday ..... 6am-8pm
- Saturday ..... 9am-6pm
- Sunday..... 1-6pm

### The JCCRC will be closed on the following holidays:

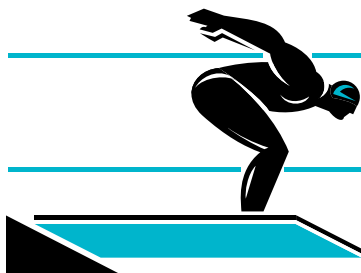
- Thanksgiving Day .....Thu., Nov. 22
- Christmas Eve..... Mon., Dec. 24
- Christmas Day ..... Tue., Dec. 25
- New Year's Eve.....Mon., Dec. 31,  
close at 6pm
- New Year's Day .....Tue., Jan. 1, 2013

*Unless otherwise noted, all aquatic classes are held at the James City County Recreation Center indoor pool.*

### Open Lap Swim

Multiple lap lanes and a walking lane are available at all times for members of the JCCRC. Sharing lanes is encouraged during peak hours.

**The Williamsburg Aquatic Club (WAC)** practices in the pool Monday-Thursday, 3:25-5:25pm and 7:30-9pm and Fridays from 3-7:30pm. WAC is a partnered program with James City County. WAC uses five lanes during scheduled practice times.



### Pool Rules

- Proper bathing suits are required; cutoffs are not permitted. Infants must wear approved swim diapers.
- Patrons age 5 and younger must be directly supervised, within arm's reach, by an adult age 16 or older. Supervising adult must be in the water in proper bathing suit attire.
- Patrons age 6 to 11 must take a swimming proficiency test in order to enter the water without adult supervision. Patrons age 6 to 11 who do not pass the proficiency test must be directly supervised, within arm's reach, by an adult age 16 or older. Supervising adult must be in the water in proper bathing suit attire.
- No more than four children (ages 11 and younger) may be supervised by one adult (age 16 or older).

*For the complete list of pool rules, call the Aquatic Coordinator at 259-4185.*

### Aquatic Registration Dates

There are individual registration periods before each swim lesson session. Registration can be done at the centers or online at [jamescitycountyva.gov/recreation](http://jamescitycountyva.gov/recreation):

8/27-9/7

10/3-10/12

11/7-11/16

1/2-1/11

2/6-2/15

### Free Swim Evaluations

Having trouble deciding which level is appropriate for your child? Our certified Water Safety Instructor staff will be available from 4:30-6:30pm on the following days to provide free swim evaluations:

T/W 9/4, 9/5 109000-A

T/W 10/9, 10/10 110000-A

T/W 11/13, 11/14 111000-A

T/W 1/8, 1/9 101000-A

T/W 2/12, 2/13 102000-A

### Child Private Lessons

(ages 5-18) – *for swimmers who need a one-on-one environment for learning.* Each lesson consists of 30 minutes of individual instruction based on the child's specific needs. Lessons are taught based on instructor availability.

9/1-9/30	\$25/lesson	109530-A
10/1-10/31	\$25/lesson	110530-A
11/1-11/30	\$25/lesson	111530-A
12/1-12/31	\$25/lesson	112530-A
1/1-1/31	\$25/lesson	101530-A
2/1-2/28	\$25/lesson	102530-A

### Adventure Swim

(ages 5-21 with disabilities) **NEW!** Join us for fun swimming activities and learn new skills from an American Red Cross certified Water Safety Instructor. For details, call 259-5354.  
M 10/15-11/12 6:30-7:15pm \$30/\$25 100610-A

### Semi-Private Classes

**Limited to 3 children**

*For swimmers to learn in a smaller class setting.*

### Splash N Splash Semi-Private Class (ages 3-5)

- Putting face in water and bubble blowing
- Kicking with support
- Entering and exiting the water safely
- Floating with assistance on both the front and back
- \$75/\$70 per session

M/W 9/10-10/3 4:30-5:15pm 109410-A

T/Th 9/11-10/4 11:30am-12:15pm 109410-B

F 9/21-11/9 11:30am-12:15pm 109410-C

Sat 9/22-11/10 12:30-1:15pm 109410-D

M/W 10/15-11/12\* 4:30-5:15pm 110410-A

\*no class 10/31

T/Th 10/16-11/8 11:30am-12:15pm 110410-B

M/W 11/19-12/12 4:30-5:15pm 111410-A

T/Th 11/20-12/13 11:30am-12:15pm 111410-B

M/W 1/14-2/6 4:30-5:15pm 101410-A

T/Th 1/15-2/7 11:30am-12:15pm 101410-B

F 1/18-3/8 11:30am-12:15pm 101410-C

Sat 1/19-3/9 12:30-1:15pm 101410-D

M/W 2/25-3/20 4:30-5:15pm 102410-A

T/Th 2/26-3/21 11:30am-12:15pm 102410-B



## Splash N Swim Semi-Private Class (ages 5-7)

- Bobbing
- Floating unsupported on front and back
- Introduction to front and back crawl (arm and leg actions both separate and combined)
- Retrieving objects from pool bottom
- Jumping into three to five feet of water
- \$75/\$70 per session

M/W	9/10-10/3	4:30-5:15pm	109420-A
T/Th	9/11-10/4	11:30am-12:15pm	109420-B
F	9/21-11/9	11:30am-12:15pm	109420-C
Sat	9/22-11/10	12:30-1:15pm	109420-D
M/W	10/15-11/12*	4:30-5:15pm	110420-A
	*no class 10/31		
T/Th	10/16-11/8	11:30am-12:15pm	110420-B
M/W	11/19-12/12	4:30-5:15pm	111420-A
T/Th	11/20-12/13	11:30am-12:15pm	111420-B
M/W	1/14-2/6	4:30-5:15pm	101420-A
T/Th	1/15-2/7	11:30am-12:15pm	101420-B
F	1/18-3/8	11:30am-12:15pm	101420-C
Sat	1/19-3/9	12:30-1:15pm	101420-D
M/W	2/25-3/20	4:30-5:15pm	102420-A
T/Th	2/26-3/21	11:30am-12:15pm	102420-B

## Swimmers Semi-Private Class (ages 8-12)

- Breathing to the side
- Butterfly
- Freestyle
- Breaststroke
- Sidestroke
- Backstroke
- Any part of a stroke
- \$75/\$70 per session

M/W	9/10-10/3	4:30-5:15pm	109430-A
Sat	9/22-11/10	12:30-1:15pm	109430-B
M/W	10/15-11/12*	4:30-5:15pm	110430-A
	*no class 10/31		
M/W	11/19-12/12	4:30-5:15pm	111430-A
M/W	1/14-2/6	4:30-5:15pm	101430-A
Sat	1/19-3/9	12:30-1:15pm	101430-B
M/W	2/25-3/20	4:30-5:15pm	102430-A

## American Red Cross Learn to Swim Levels

*This swim program is progressive and taught by an American Red Cross Certified Water Safety Instructor. On average, participants repeat each level two to three times before becoming proficient in the required skills. This is very important for successful completion of each level. The ages on all swimming levels after Preschool is 5 and older. If a child is 4 years old and has successfully completed Preschool, they may register for American Red Cross Levels 1 or 2.*

### Parent and Child Aquatics (ages 5 months - 3 years)

- Introducing water to young children
- Water safety course for parents
- Parents must be in water with the child
- Swim diaper required
- Class size is limited to a maximum of 15 children
- \$40/\$35 per session

T/Th	9/11-10/4	4:30-5pm	109010-A
Sat	9/22-11/10	9:30-10am	109010-B
T/Th	10/16-11/8	4:30-5pm	110010-A
T/Th	11/20-12/13	4:30-5pm	111010-A
T/Th	1/15-2/7	4:30-5pm	101010-A
Sat	1/19-3/9	9:30-10am	101010-B
T/Th	2/26-3/21	4:30-5pm	102010-A

### Preschool Aquatics (ages 3-5)

- Enter and exit the water in safe manner
- Feel comfortable in the water
- Submerge in a rhythmic pattern
- Explore buoyancy in a front and back position
- Perform combined strokes on front and back
- Change body positions in water
- Non-toilet trained children must wear a swim diaper
- \$45/\$40 per session

T/Th	9/11-10/4	10:30-11:15am	109020-A
T/Th	9/11-10/4	1-1:45pm	109020-B
T/Th	9/11-10/4	4:30-5:15pm	109020-C
F	9/21-11/9	10:30-11:15am	109020-D
F	9/21-11/9	1-1:45pm	109020-E
Sat	9/22-11/10	9:30-10:15am	109020-F

T/Th	10/16-11/8	10:30-11:15am	110020-A
T/Th	10/16-11/8	1-1:45pm	110020-B
T/Th	10/16-11/8	4:30-5:15pm	110020-C
T/Th	11/20-12/13	10:30-11:15am	111020-A
T/Th	11/20-12/13	1-1:45pm	111020-B
T/Th	11/20-12/13	4:30-5:15pm	111020-C
T/Th	1/15-2/7	10:30-11:15am	101020-A
T/Th	1/15-2/7	1-1:45pm	101020-B
T/Th	1/15-2/7	4:30-5:15pm	101020-C
Fri	1/18-3/8	10:30-11:15am	101020-D
Fri	1/18-3/8	1-1:45pm	101020-E
Sat	1/19-3/9	9:30-10:15am	101020-F
T/Th	2/26-3/21	10:30-11:15am	102020-A
T/Th	2/26-3/21	1-1:45pm	102020-B
T/Th	2/26-3/21	4:30-5:15pm	102020-C

### LEVEL 1 – Introduction to Water Skills (ages 5+)

- There are no prerequisites for this course
- Help students feel comfortable in water and enjoy the water safely
- Introduced to elementary aquatic skills which will be built upon throughout the five levels of the Learn To Swim Program.
- Youth who have some experience with the water may begin the program at a higher level.
- \$45/\$40 per session

M/W	9/10-10/3	5:30-6:15pm	109210-A
T/Th	9/11-10/4	5:30-6:15pm	109210-B
Sat	9/22-11/10	10:30-11:15am	109210-C
M/W	10/15-11/12*	5:30-6:15pm	110210-A
	*no class 10/31		
T/Th	10/16-11/8	5:30-6:15pm	110210-B
M/W	11/19-12/12	5:30-6:15pm	111210-A
T/Th	11/20-12/13	5:30-6:15pm	111210-B
M/W	1/14-2/6	5:30-6:15pm	101210-A
T/Th	1/15-2/7	5:30-6:15pm	101210-B
Sat	1/19-3/9	10:30-11:15am	101210-C
M/W	2/25-3/20	5:30-6:15pm	102210-A
T/Th	2/26-3/21	5:30-6:15pm	102210-B

## Free Swim Evaluations

If you're unsure of your or your child's swimming needs, sign up for a free swim evaluation! Details on page 23.



*Parks and Recreation offers a variety of swimming classes for all ages!*

## LEVEL 2 – Fundamental Aquatic Skills

*Students entering this course must have a Level 1 certificate or be able to demonstrate all the completion requirements in Level 1.*

- Float without support and recover to a vertical position
- Beginning of true locomotion skills
- Explore simultaneous and alternating arm and leg actions on their front and back
- \$45/\$40 per session

M/W	9/10-10/3	5:30-6:15pm	109220-A
T/Th	9/11-10/4	6:30-7:15pm	109220-B
Sat	9/22-11/10	10:30-11:15am	109220-C
Sat	9/22-11/10	11:30am-12:15pm	109220-D

M/W	10/15-11/12*	5:30-6:15pm	110220-A
*no class 10/31			
T/Th	10/16-11/8	6:30-7:15pm	110220-B

M/W	11/19-12/12	5:30-6:15pm	111220-A
T/Th	11/20-12/13	6:30-7:15pm	111220-B

M/W	1/14-2/6	5:30-6:15pm	101220-A
T/Th	1/15-2/7	6:30-7:15pm	101220-B
Sat	1/19-3/9	10:30-11:15am	101220-C
Sat	1/19-3/9	11:30am-12:15pm	101220-D

M/W	2/25-3/20	5:30-6:15pm	102220-A
T/Th	2/26-3/21	6:30-7:15pm	102220-B

## LEVEL 3 – Stroke Development

*Students entering this course must have a Level 2 certificate or be able to demonstrate all the completion requirements in Level 2.*

- Coordinate the front crawl and back crawl
- Elements of the butterfly
- Fundamentals of treading water
- Must be able to swim 15 yards without stopping, face in the water before starting class
- \$45/\$40 per session

M/W	9/10-10/3	6:30-7:15pm	109230-A
T/Th	9/11-10/4	5:30-6:15pm	109230-B
T/Th	9/11-10/4	6:30-7:15pm	109230-C
Sat	9/22-11/10	10:30-11:15am	109230-D
Sat	9/22-11/10	11:30am-12:15pm	109230-E

M/W	10/15-11/12*	6:30-7:15pm	110230-A
*no class 10/31			
T/Th	10/16-11/8	5:30-6:15pm	110230-B
T/Th	10/16-11/8	6:30-7:15pm	110230-C

M/W	11/19-12/12	6:30-7:15pm	111230-A
T/Th	11/20-12/13	5:30-6:15pm	111230-B
T/Th	11/20-12/13	6:30-7:15pm	111230-C

M/W	1/14-2/6	6:30-7:15pm	101230-A
T/Th	1/15-2/7	5:30-7:15pm	101230-B
T/Th	1/15-2/7	6:30-7:15pm	101230-C
Sat	1/19-3/9	10:30-11:15am	101230-D
Sat	1/19-3/9	11:30am-12:15pm	101230-E

M/W	2/25-3/20	6:30-7:15pm	102230-A
T/Th	2/26-3/21	5:30-6:15pm	102230-B
T/Th	2/26-3/21	6:30-7:15pm	102230-C

## LEVEL 4 – Stroke Improvement

*Students must have a Level 3 certificate or be able to demonstrate all the completion requirements in Level 3.*

- Improve skills and increase endurance by swimming familiar strokes for greater distances
- Build on the butterfly
- Introduced to the elementary backstroke, breaststroke and elements of the sidestroke
- Must be able to swim 25 yards without stopping, face in the water before starting class
- \$45/\$40 per session

M/W	9/10-10/3	6:30-7:15pm	109240-A
T/Th	9/11-10/4	5:30-6:15pm	109240-B
Sat	9/22-11/10	10:30-11:15am	109240-C
Sat	9/22-11/10	11:30am-12:15pm	109240-D

**Aquatics**



M/W	10/15-11/12*	6:30-7:15pm	110240-A
*no class 10/31			
T/Th	10/16-11/8	5:30-6:15pm	110240-B

M/W	11/19-12/12	6:30-7:15pm	111240-A
T/Th	11/20-12/13	5:30-6:15pm	111240-B

M/W	1/14-2/6	6:30-7:15pm	101240-A
T/Th	1/15-2/7	5:30-6:15pm	101240-B
Sat	1/19-3/9	10:30-11:15am	101240-C
Sat	1/19-3/9	11:30am-12:15pm	101240-D

M/W	2/25-3/20	6:30-7:15pm	102240-A
T/Th	2/26-3/21	5:30-6:15pm	102240-B

## LEVEL 5 – Stroke Refinement

*Students must have a Level 4 certificate or be able to demonstrate all the course requirements in Level 4.*

- Coordination and refinement of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke)
- Increase distances
- Flip turns on the front and back are introduced
- Must be able to swim 50 yards without stopping, face in the water prior to starting class
- \$45/\$40 per session

M/W	9/10-10/3	5:30-6:15pm	109250-A
T/Th	9/11-10/4	6:30-7:15pm	109250-B
Sat	9/22-11/10	11:30am-12:15pm	109250-C

M/W	10/15-11/12*	5:30-6:15pm	110250-A
*no class 10/31			
T/Th	10/16-11/8	6:30-7:15pm	110250-B

M/W	11/19-12/12	5:30-6:15pm	111250-A
T/Th	11/20-12/13	6:30-7:15pm	111250-B

M/W	1/14-2/6	5:30-6:15pm	101250-A
T/Th	1/15-2/7	6:30-7:15pm	101250-B
Sat	1/19-3/9	11:30am-12:15pm	101250-C

M/W	2/25-3/20	5:30-6:15pm	102250-A
T/Th	2/26-3/21	6:30-7:15pm	102250-B

**Register online for  
all classes at  
[jamestowncountyva.gov/  
recreation](http://jamestowncountyva.gov/recreation).**





## Rec Racers (ages 6-14)

*Students must be able to successfully swim one lap of crawl stroke and one lap of backstroke (1 lap = 50 yards).*

- Refine strokes to swim with more ease, efficiency, power and smoothness over greater distances
- Good for swimmers who are interested in competitive swimming or who want to achieve a higher level of fitness
- Class is structured like a swim team

(ages 6-9)

\$65/\$60

M/W 9/17-10/24 5:30-6:15pm 109310-A  
\$65/\$60

T/Th 9/18-10/25 5:30-6:15pm 109310-B  
\$65/\$60

M/W 11/5-12/12 5:30-6:15pm 111310-A  
\$65/\$60

T/Th 11/6-12/13 5:30-6:15pm 111310-B  
\$65/\$60

M/W 1/14-2/13 5:30-6:15pm 101310-A  
\$55/\$50

T/Th 1/15-2/14 5:30-6:15pm 101310-B  
\$55/\$50

M/W 2/25-3/27 5:30-6:15pm 102310-A  
\$55/\$50

T/Th 2/26-3/28 5:30-6:15pm 102310-B  
(ages 10-14)

M/W 9/17-10/24 6:30-7:30pm 109320-A  
\$65/\$60

T/Th 9/18-10/25 6:30-7:30pm 109320-B  
\$65/\$60

M/W 11/5-12/12 6:30-7:30pm 111320-A  
\$65/\$60

T/Th 11/6-12/13 6:30-7:30pm 111320-B  
\$65/\$60

M/W 1/14-2/13 6:30-7:30pm 101320-A  
\$55/\$50

T/Th 1/15-2/14 6:30-7:30pm 101320-B  
\$55/\$50

M/W 2/25-3/27 6:30-7:30pm 102320-A  
\$55/\$50

T/Th 2/26-3/28 6:30-7:30pm 102320-B

## Adult Aquatic Programs

### Adult Private Swim Lessons

(ages 18+)

Are you interested in learning how to swim or just taking a few classes to perfect your strokes? Training for a triathlon and need some stroke refinement? Classes will consist of 30 minutes of individual instruction based on the individual's specific needs. Lessons taught based on instructor availability. Private Lesson request forms are available at the Recreation Center Front Desk.

9/1-9/30	\$25/lesson	109520-A
10/1-10/31	\$25/lesson	110520-A
11/1-11/30	\$25/lesson	111520-A
12/1-12/31	\$25/lesson	112520-A
1/1-1/31	\$25/lesson	101520-A
2/1-2/28	\$25/lesson	102520-A

### Adult Group Swim Lessons

(ages 16+)

This course is designed for adult beginners to learn in a group setting with a Red Cross certified Water Safety Instructor. Participants will learn skills including basic floating and an introduction to various strokes. No previous swimming ability is required. Classes are limited to six participants. \$45/\$40 per session.

T/Th 9/11-10/4	7:30-8:15pm	109440-A
T/Th 10/16-11/8	7:30-8:15pm	110440-A
T/Th 11/20-12/13	7:30-8:15pm	111440-A
T/Th 1/15-2/7	7:30-8:15pm	101440-A
T/Th 2/26-3/21	7:30-8:15pm	102440-A

## Liquid Fitness Classes

- Wristbands or a combo pass are needed to participate in Liquid Fitness classes. Both 10-visit and monthly wristbands are available. See page 18 for prices.
- No swimming ability is required.
- Please consult a physician before beginning a class.

Note: Check the ♥ symbol located beside the Liquid Fitness classes to find a class to match your fitness needs.

♥ = moderate, low intensity

♥♥ = medium intensity

♥♥♥ = high intensity

### Aqua Easy ♥

Class consists of low impact cardio workouts that work the whole body. Classes are structured so participants are comfortable moving at their own pace with guidance from their instructor.

### Arthritis Foundation Aquatic Program ♥

Arthritis Water Exercise provides an environment for relieving arthritis pain and stiffness, and improving range of movement of joints affected by arthritis in soothing warm water.

### Water Walking ♥ ♥

Class focuses on water walking combined with upper body exercises to increase flexibility and muscle tone. Instructor will guide participants through a variety of water walking techniques.

### Hydro Spin & Core ♥ ♥ ♥

Hydro Spin is designed to target cardiovascular endurance, muscular toning, and strength building. Using your own body weight for resistance, and supported by buoyancy belts, you'll spin in water like you were seated on a bike on land. Must be comfortable in 5' deep water without feet touching the pool bottom.

### Water Cardio ♥ ♥ ♥

Class is a high intensity cardiovascular workout to increase endurance and flexibility. Using various equipment and techniques, you will be put through an intense cardio workout without the strain on your joints like a land aerobic class.

*Liquid Fitness schedules are subject to change. Current schedules and course descriptions are available online and at the Front Desk. Monthly schedules are also emailed to participants who provide an email address at the time of registration.*